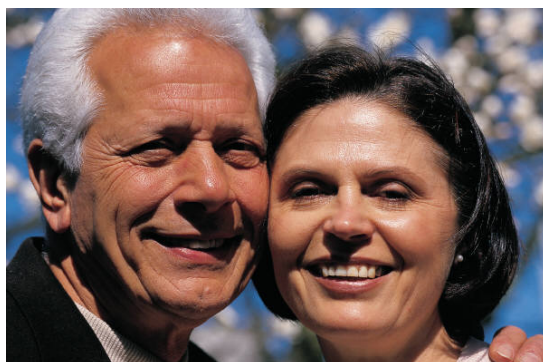


Arthritis Management Course

A comprehensive, **6-week** course to help you take control.



Meet with others who have arthritis and learn:

- Facts About Arthritis
- Pain & Fatigue Management
- Exercise & Nutrition Tips
- Relaxation, Sleeping Tips & Stress Management
- Self-Help Principles & Managing Medications
- How to Evaluate Alternative Treatments

Dates/Times: Oct 23 – Dec 4
(No class on Thanksgiving)
Thursdays, 5 - 7 pm

Center/Room: Highland Community Ed
2166 S 1700 E
Salt Lake City, UT

To register, contact Leslie Nelson
at the Arthritis Foundation,
536-0990

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Sign up if you are interested in taking control of arthritis.